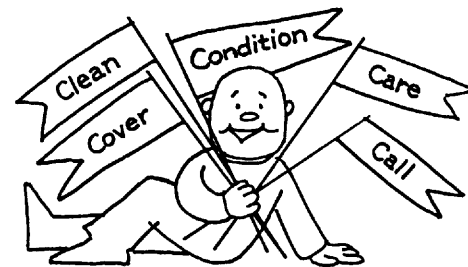


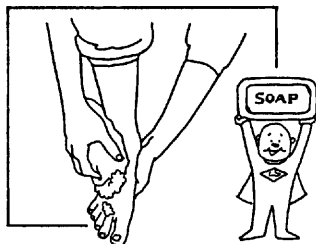
# Remember the 5 C's of Foot Care!

*Prepared Especially for Persons With Diabetes*

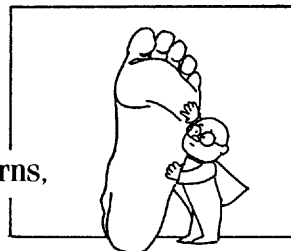


## 1. Clean!

Clean and check feet daily! Wash with warm, not hot, water. Pat dry.

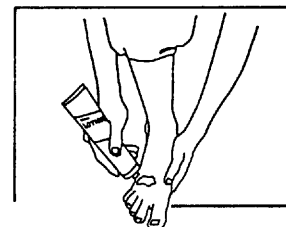


Check *all over* for blisters, corns, calluses, scratches.



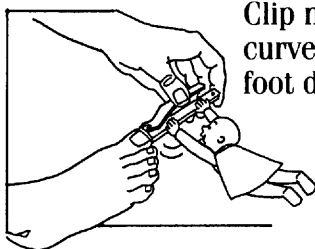
## 2. Condition!

Use a moisturizer or cream daily.  
Choose one without perfume or alcohol.



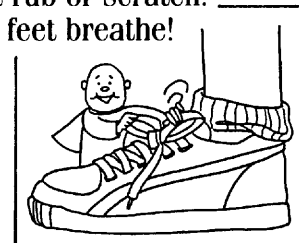
## 3. Care!

Clip nails straight across with a slight curve at the corners. Let your doctor or foot doctor take care of calluses!



## 4. Cover!

Always wear shoes, sneakers, or slippers to protect your feet! Make sure they fit correctly and don't rub or scratch. Cotton socks let your feet breathe!

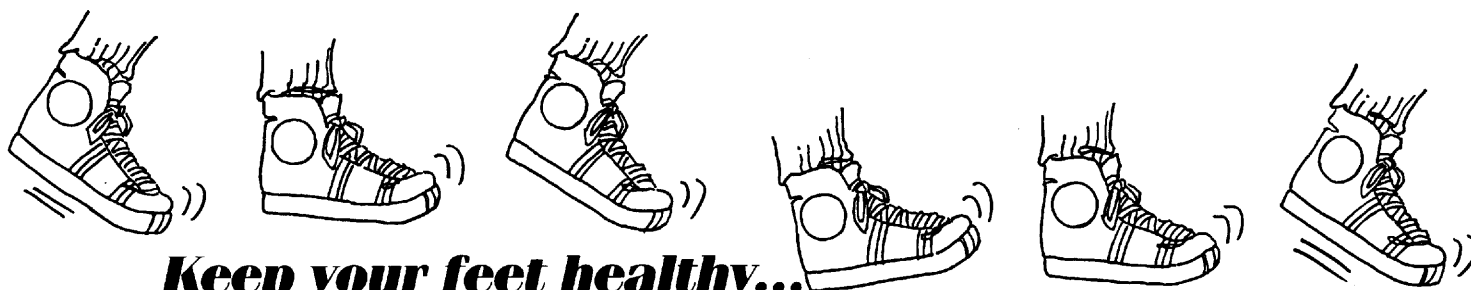
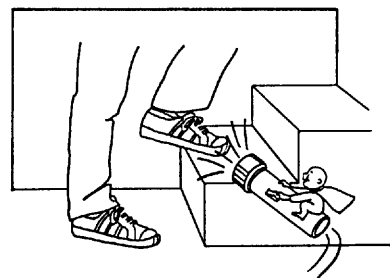
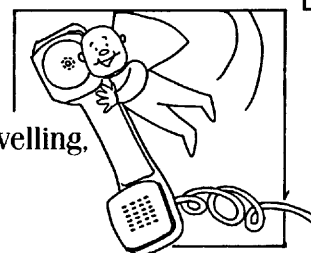


## 5. Use Caution! and Call!

Be careful.

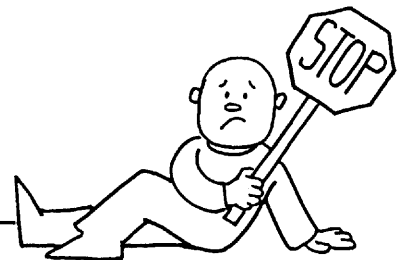
Walk in good light.  
Take care in slippery places!

Call your doctor if you have pain, swelling, soreness—any change in your feet!

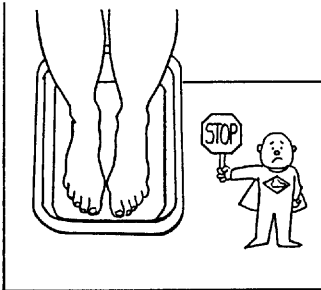


**Keep your feet healthy...  
to keep them working for you!**

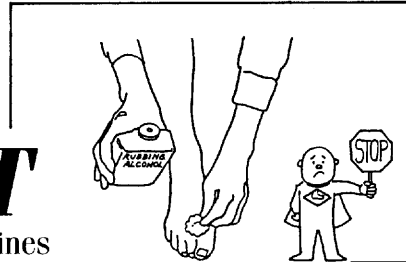
# Foot Care **DON'Ts**



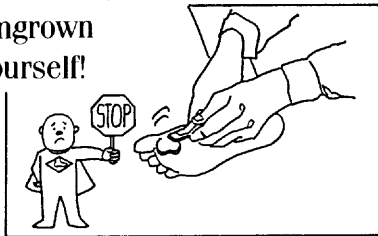
## 1. **DON'T** soak or scrub feet!



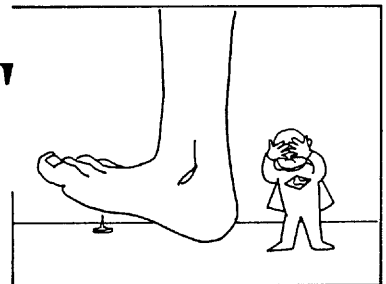
## 2. **DON'T** use drying medicines like iodine or medicated corn pads!



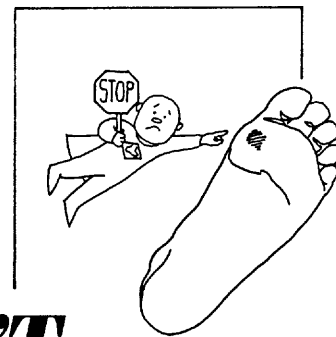
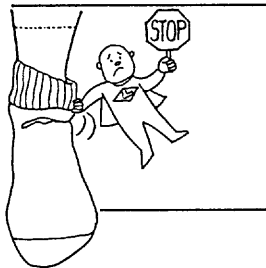
## 3. **DON'T** try to trim calluses, corns, or ingrown toenails yourself!



## 4. **DON'T** go barefoot—ever!



## 5. **DON'T** wear tight shoes, socks, or garters!



## 6. **DON'T** ignore any foot or leg problems— even small ones can get serious!



**Keep your feet healthy...  
to keep them working for you!**